



ANNUNCIATION CATHEDRAL

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JUNE 2013

ANNUNCIATION CATHEDRAL PRESENTS

NIA VARDALOS, STAR OF



Sunday, June 9 2013

12 Noon

245 Valencia St.
(Between 14th St. and Duboce)
San Francisco

Join us at the Annunciation Cathedral on Sunday, June 9 (immediately following the Divine Liturgy) as Nia Vardalos will be our guest and will be signing her new book *Instant Mom*.

Writer and star of *My Big Fat Greek Wedding*, Nia Vardalos tells her hilarious and poignant road-to-parenting story that eventually leads her to her 3-year-old daughter, reveals the daily chaos of parenting, and prompts her to become a major advocate for adoption.

NIARA TICKETS AVAILABLE: COME, JOURNEY WITH THIS SPECIAL CAT: On This coming Saturday, June 8, the Hippo Theatre Group from Thessalonike will present Niara, a story about an aristo-cat on a trip to self-discovery. The performance will take place in the Cathedral's Korinthias Hall at noon. Tickets are \$10 and are available from the Greek School. Niara was recently presented in Belmont and was a resounding success. We encourage those who have not seen this production to do so. You'll be glad you did. (Cats welcome.)

ANGIE LEVENTIS, LULA OSSIPOFF NAMED 2013 MOTHERS OF THE YEAR

Annually, the Cathedral Ladies Philoptochos sponsors a Mother's Day Luncheon and Fashion Show. On Saturday, May 11, the 54th Mother's Day Luncheon and Fashion Show was held. It was, as all these events are, a great success. Following a lovely luncheon, the audience was entertained by our own talented folks and treated to a fashion show consonant with the theme, *Bon Voyage on a Fashion Cruise*.

As the event got underway, Father Stephen was called upon to name the Mother(s) of the Year. His remarks follow.

"This year (2013) the Cathedral Ladies Philoptochos have selected two Mothers of the Year. It is my privilege to announce them.

Our first Mother of the Year was born in California to parents who came to the Golden State in the early 1900s from the island of Samos. This Mother of the Year grew up on a farm in Turlock, attended Turlock High and completed her Associate of Arts degree at Modesto Junior College. Soon after graduation, she came to The City, where she became a career woman. Employed by IBM, she was promoted to Executive Administrative Assistant in Customer Relations. She worked at IBM for twenty-two years, prior to her retirement from the Blue Chip Giant.

San Francisco was good to our Mother of the Year not only professionally, but also personally, for it was in San Francisco that this Mother of the Year met her future husband. Where else, but at a Greek dance, in the late 1960s. They soon married and had two daughters.

Following her retirement from IBM in 1999, our Mother of the Year poured her energies into the Cathedral Ladies Philoptochos. At first, she was elected Treasurer. In 2001 she was elected President, an office to which she was re-elected several times. She now serves as advisor to the President, and is also a vital member of the Cathedral's Capital Campaign/Building Committee, where she tracks your gifts to the Campaign. Our Mother of the Year loves working at the church, enjoys planning events and also enjoys helping raise money.

In her personal life, our Mother of the year also has two sons-in-law, two granddaughters and two grandsons. These days, she also likes to cruise to Mexico with her husband and to keep busy with her favorite hobbies, such as sewing clothes, shopping, and baking delicious deserts. Please help me proclaim our first 2013 Mother of the Year—Angie Leventis. (Husband Ted, daughters Kathy and Allyson, sons-in-law Mike and Monte.)

Our second Mother of the Year was born in San Francisco soon after the Great Depression and grew up on the Richmond District. She attended Cabrillo Elementary School and Washington High School, where she was and continues to be very involved. She was Princess of May Day in Junior High and Vice President of her class in high school. She also proudly recalls having attended school with Lee Ann Meriwether and Johnny Mathis. Upon graduation, this Mother of the Year, went on to work at Blue Shield for her brother-in-law and, unbeknownst to her at the time, her future husband. They married in 1960, just a year or so after the first Mother's Day Luncheon and Fashion Show.

Our Mother of the Year has an older sister, and she and her husband have two children and, of course, grandchildren. She is also close to her husband's cousins and their families. When our Mother of the Year's children were old enough, our Mother of the Year went back to work, this time doing substitute secretarial, library, and aide work in the Burlingame, Hillsborough and Millbrae Schools. This was soon followed by full-time employment with the Parks and Recreation Department in Hillsborough.

Following the passing of her father, her mother came to live with her. This was a blessing, for her family was enriched by the Greek language spoken at home, as well as by storytelling. Now that our Mother of the Year is a member of the Greek Historical Society, she helps share and preserve those insights for subsequent generations.

Our Mother of the Year is an active member of the Cathedral on many levels. She has sung in the choir since high school, and is a mainstay of the Festival and of many Philoptochos activities, such as the Crab Feed. Please help me proclaim our next 2013 Mother of the Year—Lula Ossipoff. (Sister Teia Nuris, husband Al, daughters Maria and Alexia, sons-in-law Andrew and Richard, grandchildren Anna and Christian.)

PARKING DURING CONSTRUCTION

A letter will be going out to Parishioners of the Annunciation Cathedral outlining the parking situation during construction of the new Cathedral. Construction is expected to begin end of July or early August 2013. We thank our parishioners for their dedication and faith and for their understanding and cooperation during this time. As the bids are returned June 15, we will be communicating with our Parishioners by letter outlining the next steps, i.e. the issuance of our Building Permit, the outcome of the bids, the award of a contract, and the contract price, i.e. the cost of construction.

"Above all, pray for your spiritual family."
— Father Porphyrios

The Cathedral is now on Twitter

The cathedral now has an active Twitter account and cathedral event announcements and news are being delivered through Twitter. This will allow you to receive information from the cathedral on your smart phone and IPAD. You can sign up to receive our "tweets" (posts) by visiting www.twitter.com/annunciations and clicking to follow us. The cathedral follows the twitter postings the Greek Orthodox Archdiocese, Orthodox Wiki, Ancient Faith Radio, Mount Athos, Greek Orthodox TV, and the Ecumenical Patriarch. The new design of the web site currently in development will include a live Twitter feed.

St John Chrysostom on Marriage

by Marcelo Souza

This, then, is what it means to marry in Christ: spiritual marriage is like spiritual birth, which is not of blood, nor of the will of the flesh. Consider the birth of Isaac; Scripture says, "It had ceased to be with Sarah after the manner of women." Her marriage was not one of fleshly passion, but wholly spiritual, just as the soul is joined to God in an ineffable union which He alone knows: "He who is united to the Lord becomes one spirit with Him."



See how he does not despise physical unity, however, but uses spiritual unity to illustrate it! How foolish are those who belittle marriage! If marriage were something to be condemned, Paul would never call Christ a bridegroom and the Church a bride, and then say this is an illustration of a man leaving his father and his mother, and again refer to Christ and the Church.

The Psalmist prophesies of the Church when he says, "Hear, O daughter, consider, and incline your ear; forget your people and your father's house, and the king will desire your beauty," and the Gospel says concerning Christ: "I came from the Father and have come into the world." . . .

Tell [your wife] that you love her more than your own life, because this present life is nothing, and that your only hope is that the two of you pass through this life in such a way that in the world to come you will be united in perfect love.

Say to her, "Our time here is brief and fleeting, but if we are pleasing to God, we can exchange this life for the Kingdom to come. Then we will be perfectly one both with Christ and each other, and our pleasure will know no bounds. I value your love above all things, and nothing would be so bitter or painful to me as our being at odds with each other. Even if I lose everything, any affliction is tolerable if you will be true to me."

Show her that you value her company, and prefer being at home to being out. Esteem her in the presence of your friends and children. Praise and show admiration for her good acts; and if she ever does anything foolish, advise her patiently.

Pray together at home and go to Church; when you come back home, let each ask the other the meaning of the readings and the prayers.

If you are overtaken by poverty, remember Peter and Paul, who were more honored than kings or rich men, though they spent their lives in hunger and thirst. Remind one another that nothing in life is to be feared, except offending God.

If your marriage is like this, your perfection will rival the holiest of monks. . . .

Finally, never call her by her name alone, but with terms of endearment, honor, and love. If you honor her, she won't need honor from others; she won't desire praise from others if she enjoys the praise that comes from you.

Prefer her before all others, both for her beauty and her discernment, and praise her. She will in this way be persuaded to listen to none that are outside, but to disregard all the world except for you.

Teach her to fear God, and all other good things will flow from this one lesson as from a fountain and your house will be filled with ten thousand blessings. If we seek the things that are perfect, the secondary things will follow. The Lord says, "Seek first the kingdom of God and His righteousness, and all these things shall be added to you."

What sort of person do you think the children of such parents will be? What kind of person are all the others who associate with them? Will they not eventually be the recipients of countless blessings as well? For generally the children acquire the character of their parents, are formed in the mold of their parents' temperament, love the same things their parents love, talk in the same fashion, and work for the same ends.

If we order our lives in this way and diligently study the Scriptures, we will find lessons to guide us in everything we need! In this way we will be able to please God, and to pass through the course of this life in virtue and to gain those blessings which He has promised to



those who love Him, of which, God willing, may we be counted worthy through the grace and love for mankind of our Lord Jesus Christ, with whom, together with the Holy Spirit, be glory, honor, and power to the Father, now and ever, and unto ages of ages. Amen.

St John Chrysostom, Homily on Ephesians 5:22-33 ("On Marriage and Family Life, pp. 54-64)

"First fulfill, then teach. All of the apostles and all of the saints of God adhered to this rule."

— St. Nicholas the Serb

PHILOPTOCHOS NEWS

Christos Anesti! Christ is Risen! Truly He is Risen!

Our Philoptochos hopes that the great feast of Christ's Resurrection has brought you love and strength and that Easter Sunday was memorable with family and friends.

Easter Bake Sale

May was a busy month for Philoptochos. A cadre of women and men participated in our Easter bake sale. We are delighted to report that the proceeds of the sale exceeded last year and will go to one of our designated charities such as Kids and Cancer. Our community support for this sale has been wonderful. We hope that all enjoyed the bread, eggs and *koulourakia*. We have gotten many notes and calls saying how delicious they all were. Our talented group worked with love and camaraderie as their busy hands prepared the goodies with care.

2013 Mother's Day Luncheon and Fashion Show

"Captain" Nick Tarlson on the SS Annunciation rang the bell on ship and our luncheon began filled with fun, food and fashion on our nautical journey. Co-chairs Irene Kyriacou and Niki Ketchum provided the most wonderful environment to complement our nautical theme. First mate Niki Ketchum, donned in her sailor outfit, started the show with introductions and we were sailing along. Father Stephen Kyriacou presented Angie Levantis and Eleftheria Ossipoff as our two worthy mothers of the year. These two women, representing all Mothers, have donated time and energy to church, community and family. Philoptochos presented them with plaques, flowers and gifts. Axia, Axia!

Models, organized by Irene Kyriacou, strutted on the runway with fashions from the White Rose, Emily Lee and Chico Boutiques. Entertainment for the event was provided by Gabriella Welsh, Roger Kim and Christina Arzimanoglou.

Truly, a fabulous day was enjoyed by all and the committee should feel very proud of themselves. Way to go! (Check out the pictures of the day...)

May is the final meeting for Philoptochos until fall. On June 16 we will honor a Father of the Year with a luncheon, so please join us as we present a scholarship to a graduate and honor one or two special fathers.

With love in Christ,
Patricia Aleck

Greek Orthodox Metropolis of San Francisco Summer Camp at Saint Nicholas Ranch 2013

On-line Registration Now Open at www.gosfyouth.org

The Greek Orthodox Metropolis of San Francisco is proud to announce the 33rd year of its Summer Camp Program at Saint Nicholas Ranch and Retreat Center in Dunlap, CA. The theme for camp will be "Love One Another" following the directive of our Lord and Savior Jesus Christ to his disciples in John 13:34 - 35.

Campers will participate in all of the traditional camp activities such as swimming, canoeing, archery, arts and crafts, Olympics, campfires, daily worship services, Orthodox Life discussions and visits to the Monastery of the Theotokos the Life-Giving Spring. However this year there are many new additions to the program so campers will have an even broader and more exciting experience. You won't want to miss it!

Summer Camp is for children 8 years old (or entering 3rd grade in Fall 2013) to 17 years old (or just graduated from High School in Spring 2013).

Dates:

Session I: July 7 - 13

Session II: July 14 - 20

Session III: July 21 - 27

Session IV: July 28 - August 3

Pricing:

\$425 - Early registration (April - April 30)

\$445 - Normal registration (May 1 - May 30)

\$465 - Late registration (June 1 - June 30)

A \$25 discount is offered for each additional child in the same family.

Through a generous grant from Leadership 100, scholarships will again be available this year for families seeking financial assistance. Information is forthcoming so check back to the website.

Early registration is now available. Take advantage of discounted pricing by registering online today at www.gosfyouth.org!

For questions or additional information please contact Paul Gikas, Director, Office of Youth and Young Adult Ministries, 415-814-1186, pgikas@sanfran.goarch.org.

Services & Sacraments

At The Cathedral

FUNERAL

Antonia (Toni) Kaplanis Bach, who fell asleep in the Lord on May 13, was buried May 21. She is survived by her husband, **James Steven Bach**, her brother, **George**, and his family.

Aionia I Mnimi! Eternal Memory!

Community Link Continues Ministering to Those in Need

Community Link, now in its ninth year of existence, is a group of Annunciation parishioners who meet once a month on a drop-in basis to visit members of our community who may be confined due to illness or age. We travel to hospitals, nursing homes and private residences. Many of those we visit no longer have family or friends to support them and just need to know there is someone who cares. A short visit or phone call can lift one's spirits a great deal. If anyone in the community knows of any other home bound parishioners to add to our list or would like to join us for a visit, please contact, please contact Pauline Oetzel at poetzel@hotmail.com. Upcoming Community Link dates for 2013 are: June 15, July 20, and August 17.



WEEKLY CRETAN MUSIC & DANCE WORKSHOP, RIZITES

Mission Statement: A Cretan dance, instrumental, & song hobby group/ parea, where those who want to learn more in general and for the popular Cretan Glendia they participate in regularly during the year throughout California and the U.S. and Crete, can meet to apply and develop their skills confidently and in an authentic way that maintains strong roots.

Content: The study and style execution of Cretan dances and music from the original provinces in Crete they came from.

Moderator/Teacher/Director: Petros Papageorge
petrosp@athertonappliance.com

"He will prevail who with all his heart dedicates himself to God's guidance and God's will."

— St. Ephraim the Syrian



YOUTH NEWS

Sunday School Korner

As Sunday School comes to a close for the 2012-2013 school year, we reflect on the many accomplishments in our program this year. We continued to grow our Canned Food Drive. Thank you for the many donations of canned goods. Our Xmas Program was a great success! The TGI Pascha and Angel Program during Lent had much better attendance this year. Our classes continued to learn the church hymns. UNICEF, in our second year, had great participation and we had a 25% growth in donations. We strengthened our Oratorical Festival and proudly sent a student to the District Festival. We look forward to next school year and all that it brings. We welcome volunteers and suggestions. We encourage parents to get involved.



Join us on Facebook to stay connected and get reminders, news, photos and more at [Annunciation Sunday School](#).

Graduation will be held Sunday, June 9, 2013. We encourage all students to **WEAR THEIR PINS!** We will be adding to the pin bars at graduation. Graduates will receive certificates, class pho-







"And now I bend the knee of my heart, beseeching Your goodness."

— A prayer of Manasseh, King of Judah, from the Great Compline service

Opening Day with a festive Luncheon to follow.

Thank you for a successful year,

Denise Yeilding
Sunday School Principal

2013-2014 School year Volunteers Needed! Please contact Denise Yeilding to volunteer at dyeilding@yahoo.com.

Assistant teachers

Write monthly article for Herald

Coordinate Xmas Play

Food Drive coordinator

Angel Coordinator

Oratorical Festival Chair

UNICEF coordinator

Special Projects

Congratulations to Graduates young and old. Whether it be from middle school, high school or college we wish you success in whatever path you chose or whatever it is that God leads you to do!

On behalf of our Cathedral family, we would like to extend heartfelt congratulations to all our High School (and Sunday School) 2013 graduates!! The following students are graduating this year from high school and from our Sunday School program:

- Alexander Cocoles, from Sacred Heart Prep and will attend University of the Pacific
- Andrew Curd, from Cappuccino High School and will attend University of California Merced
- Steven Flynn, from El Camino High School and will attend Skyline College
- Vasili Loufas, from Sacred Heart Prep and will attend Sonoma State University
- Andrew Nuris, from Terra Nova High School and will attend the College of San Mateo
- Anthony Selianitis, Jr., from El Camino High School and will attend Skyline College
- Kevin Yeilding, from Saint Ignatius Prep and will attend Boston University

Dance Groups to Continue Practicing Through June

The dance groups have resumed practices after an Easter break and continue will through the end of June, before taking their annual summer break. Anyone interested in joining any of the groups, please contact Irene Kyriacou at (650) 591-0690 or email sassygrk@aol.com.

The dance groups are as follow:



tos and the community will be treated to a graduation luncheon with all our favorite picnic foods. Everyone is welcome!

We want to give a big thank you to Bonnie Grampsas, Angelus Karas, Chris Karas, Mike Canellos and all those who have given their support and worked to help with the coffee hour, on behalf of the Sunday School in the Fall. (Parish Council is now managing our coffee hours.) We so appreciate their efforts! *Efharisto!* Thank you so much to all the Sunday School Teachers who worked so hard to make Sunday School successful this year for our children. Their tireless efforts every week are greatly appreciated. Our teachers include: Chrisoula Novo, Maria Nicolakakis, Tessa Ambus, Yvonne Chiappari, Florika Bozionellos, Mary Tonas, Chrisoula Pezo, Maria Allen, Tina Kontonis, & Gus Vouchilas.

We are in need of two assistant teachers for the fall. Please consider helping in the classroom.

Don't forget to bring/wear your *Sunday school pins* to church on Graduation Day. We will have the bars to add to your pin that show your commitment to attending Sunday school.

Have a fun summer – see you back in classes September 8th for

To Mellon (4-5 year olds)

Thisavri (6-8 year olds) – directed by Shareen Fousekis, Irene Kyriacou, Lea Lyberopoulos and Lea Papavasiliou

Spithes (9-13 year olds) – directed by Irene Kyriacou, Lea Lyberopoulos & Lea Papavasiliou

Ekixi (14 & up) – directed by Michael & Nicole Garibaldi

The schedules for the practices is as follows:

June 2 Spithes, Thisavri and Ekixi

June 9 Spithes, Thisavri and Ekixi

June 23 Spithes, Thisavri and Ekixi

June 30 Spithes, Thisavri and Ekixi

The groups will not practice during July. They will resume practice on August 18.



JOY Goes to a Giants Game!!

Our Cathedral JOY attended a Giants game last May 21! It was a gorgeous day for baseball and all family members were welcome- a total of 35 people attended and had a great time! Many thanks, again, to our Youth Committee- Maria Manetas, Tina Kontonis, Chrisoula Pezo, Mike Canellos, and Ari Stratakis- whose youth fundraisers last winter underwrote the cost of the tickets. Thank you!

In June, our JOY will once again hold a pool party to celebrate the end of the school year! Stay tuned for more details.

Night in the City for Young Adults on May 31

Our Cathedral Young Adults enjoyed a beautiful night of food and fellowship at Cellar Wine Bar last May 31. A great time was had by all! This month, on June 27, our young adults will be putting together care packages for our graduating high school seniors, who will be attending college this fall.

For more information on any of our youth groups, feel free to

contact Father Niko at or fatherniko@annunciation.org, visit the "Youth of Annunciation Cathedral San Francisco" Facebook group page.

****JOY is open to all youth grades 3-6 and meets on the second Tuesday of each month****

****GOYA is open to all youth grades 7-12 and generally meets the third Monday of each month****

****The Cathedral Young Adult group is open to all young adults 22-35(ish)****



Altar Group Schedule for June

The schedule for the month will be as follows:

June 2- Group 1

June 9- Group 2

June 16- Group 3

June 23- Group 4

June 30- All Altar Servers Welcome

The altar group rosters are as follow:

Group 1- Niko Pezo, Demetri Rally, Stelio Kyriacou, Kosta Lyberopoulos, Andrew Vellis

Group 2- Anthony Obester, Demetri Kontonis, Bobby Kontonis, Niko Manetas, Hari Manetas, Matthew Nuris

Group 3- Steven Flynn, Clint Flynn, Tony Selianitis, Taumaoe Selianitis, Dimitri Selianitis

Group 4- Anthony Tadesse, Jonas Tesfai, Nathan Tesfai, Steven Monolakis, Panagiota Sogotis, Yianni Sogotis

If any families are interested in their boys joining an altar group, who are above the age of 10, feel free to contact **Father Niko**

"Let everything you do have its justification in Holy Scripture."

– St. Anthony the Great

Bekris at fatherniko@annunciation.org. Thank you also to **Nektarios McKnight** for guiding and instructing our altar servers each Sunday. As always, if anyone has any questions or suggestions, feel free to let us know. Thanks!

Greek School Finishes 2012-2013 School Year

We thank our wonderful teachers and the families that have supported our Greek School this year. This wonderful program continues going strong, with an excellent staff of teachers and growing enrollment each year. The last day of this school year will be June 8, and classes will resume this fall on September 7, the same weekend Sunday School resumes.

If you have any questions, or would like to sign up your child up for the 2013-2014 school year, please contact **Pamfilia Zambelis** at pzambelis@yahoo.com.

Buy your tickets for Greek educational play "Niara"

TICKETS AVAILABLE EVERY SATURDAY AT GREEK SCHOOL...

The Hippo Theatre Group from Thessaloniki, Greece will be in the Bay Area in early June for a wonderful performance of their educational play "Niara".

Niara is a modern story for children of all ages, including live music and dancing. It is a lively performance which entertains and educates its audience. The story is about an ordinary aristocrat on a trip of self-discovery. Niara on her journey to the far away land of Portucat passes through many obstacles overcoming many enemies but finding unexpected friends.

Niara is told in a modern story telling mode with influences from musical theatre, with live music and dancing. The actors perform multiple roles and use physical and vocal skills. The performance will be in Greek, while the workshop, which follows, will be in English. The ensuing workshop includes theatrical games and drama techniques.

Tickets for this wonderful performance will be on sale starting this weekend at the Greek School. The cost of the ticket for each child will be 10 dollars. Please pay for your ticket either to **Pamfilia Zambelis** or to **Evdokia Andreades**. This money will be used to pay for the cost of the performance.

The performance will occur on the last day of Greek school, June 8th, at Noon. The performance and workshop that follows should conclude by 1:30 pm.

We strongly encourage all our students to attend this event and support this Greek Theatrical Group.

This performance is open to all...!!!! Feel free to invite friends and relatives to enjoy the show.....



J U N E C A L E N D A R

SUNDAY	MON.	TUESDAY	WED.	THURS.	FRIDAY	SATURDAY
						1
						Greek School 10 am
2	3	4	5	6	7	8
Orthros at 9:00 am Divine Liturgy at 10:30 am Sunday School 10:30 am Dance Practice 12:30 pm - 2:00 pm						Greek School 10 am Niara Performance 12 noon
9	10	11	12	13	14	15
Orthros at 9:00 am Divine Liturgy 10:30 am Sunday School 10:30 am Sunday School Graduation, Noon Nia Vardalos Book Signing, Noon Dance Practice 12:30 pm - 2:00 pm				Feast of the Ascension, Divine Liturgy 10 am		
16	17	18	19	20	21	22
Orthros at 9:00 am Divine Liturgy at 10:30 am Dance Practice 12:30 pm - 2:00 pm			Parish Council 7:30 pm			
23	24	25	26	27	28	29
Sunday of Pentecost Orthros at 9:00 am Divine Liturgy at 10:30 am Dance Practice 12:30 pm - 2:00 pm				Young Adults 6:30 pm		Saints Peter and Paul, Divine Liturgy 10 am
30						
Orthros at 9:00 am Divine Liturgy at 10:30 am Dance Practice 12:30 pm - 2:00 pm						

UNITED GREEK ORTHODOX COMMUNITY OF
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“IN THE END, VICTORY AND GLORY BELONG TO THE RIGHTEOUS.
THEY NEED ONLY TO ARM THEMSELVES WITH
FAITH AND FORBEARANCE.”

ST. NICHOLAS THE SERB